

Family Readiness and Support Training SD AIR NATIONAL GUARD



I'M SINGLE – FAMILY????

SPOUSE

PARENTS

SIBLINGS

GIRLFRIEND

BOYFRIEND

GRAND PARENTS

GOOD FRIENDS

NEIGHBOR

SIGNIFICANT

OTHERS

Deployment Support

Before, During and After ...





• ***Legal Matters***

- Power of Attorney (General vs. Special)
- Will and/or Living Will
- Soldiers' & Sailors' Civil Relief Act
- Write a letter creditors
- Legal Office 605-988-5640



Health Care

- n Tri-Care

- n TRIWEST 1-888-874-9378

- n www.tricare.osd.mil

- n Where do I go?

- n When do I notify Tri-Care?



Pay & Allowances

Deployment Benefits:

- n Hostile Fire Pay (HFP) -Hardship Duty Pay (HDP)
- n Combat Zone Tax Exclusion (CZTE)
- n Foreign Duty Pay (FDP) -Unit Essential Messing
- n Family Separation Allowance (FSA)
- n File your travel voucher as soon as possible
- n Military Pay 605-988-5851



Personal Financial Management

Basic Financial Management Skills

Balancing Checkbook

Budgeting

Turning your finances around ...

Living paycheck to paycheck

Credit card debt, interest rates, the fine print

Debt Consolidation

Investment information

Individual Assistance 605-988-5722



Financial Management

Government Credit Card

Excess baggage charges at commercial airport

Unexpected delays and lodging expenses

ATM access at forward locations – take some cash!

Paying your bills...

Pre-addressed stamped envelopes with signed checks

Forward mail

Allotments

On-line



Air Force Aid

Emergency financial assistance

Case by case basis

Travel, transportation, loss of life

“



American Red Cross

Emergency contact assistance
nationwide

1-877-272-7337

- Social Security Number
- Deployed location
- Emergency Contact Number
- Local Red Cross Number

Military orders



Military Personnel Flight

Emergency Data Card

Dependant ID Cards

DEERS Enrollment



Family Readiness Program

24 hours a day, 7 days a week

Emergencies

Family Assistance is a phone call away

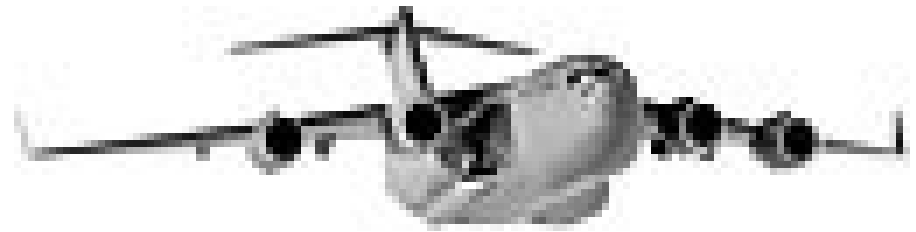
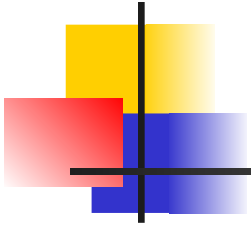
OFFICE

605-988-5962

CELL

605-212-4925

3 Stages of Deployment



Pre-Deployment
Deployment
Reunion



Pre-Deployment

*There is a difference between ready “**to go**” and ready “**to part.**” Being ready “**to go**” means a duffel bag is packed, shots and TDY preparations are complete.*

*Being ready “**to part**” from your family means being aware of family separation issues, and dealing positively with those issues.*



STAGE 1 PRE-DEPLOYMENT

Stress

Anxiety

Arguments

Anger/Resentment

Advance Planning

Family, finances, assets, utilities, etc.



STAGE 2

-Deployment

Each deployment is unique

People react differently

Overwhelmed Sleeping disorders

Guilt and Depression

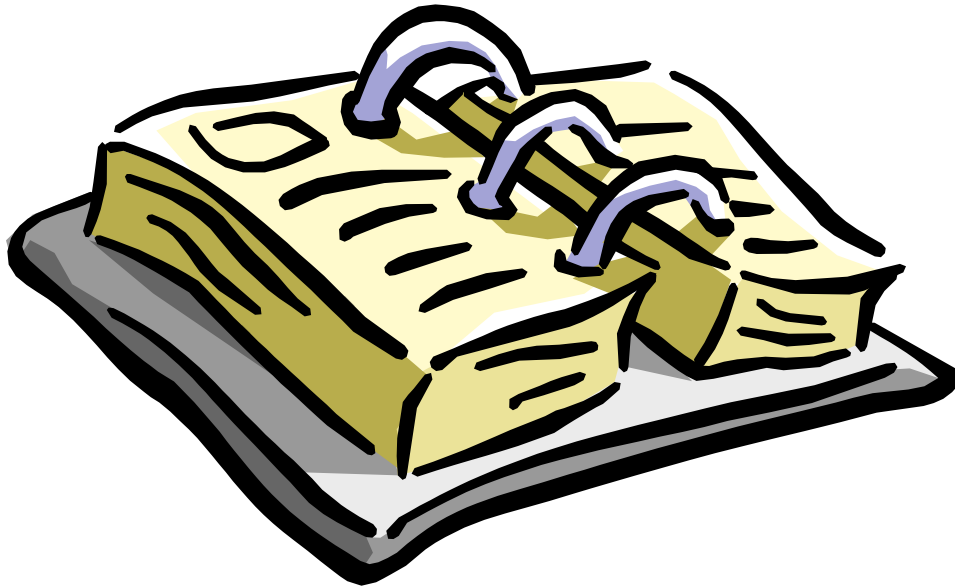
Help is available:

Chaplain**Co-workers**Chain of
command

Family Support Group, First Sergeant,
Communication



Advance planning is the key to Successful Deployment





Stage 3

Reunion

Reunions are **not** a "Change-of-Command"
Take it slow- take time to get re-acquainted
What you might find ...

You have to call for your ride home

A "new" family pet Rearranged furniture

Methods of child discipline have changed

Unexpected bills or new expenses

He/She won't return the check book

Avoid the "3rd Degree"!



Children & Separation

Talk to children about deployment

Taking time, before you go

- Family video

- Family picture collage

- Pre-record bed time stories

- 8x10 picture of yourself in child's room

- Turning the TV off at dinner time

Send/Receive “care packages”

Take a camera with you



Sustainment

Hearts Apart Programs & Services

Morale Calls

E-Mail – GI Mail

Video Phone - Teleconferencing
(VTC)

Phone Cards

Stationary Kits



POV s

Storage

Insurance – CALL YOUR AGENT



Important Documents

- n Military Orders
- n Marriage Certificate
- n Citizenship Papers
- n Adoption Papers
- n Social Security Cards
- n Shot Records
- n Power of Attorney
- n Child Custody Papers
- n Insurance Policies
- n Will and/or Living Will
- n Lease / Mortgage
- n Bank Statements
- n Credit Card Statements
- n Tax Papers
- n Court Orders



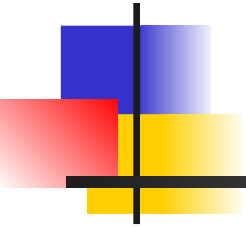
SO WHERE ARE THEY????????

Where to find your papers

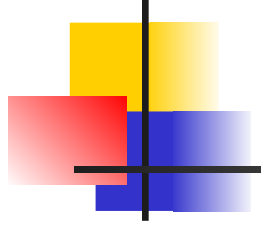
Who has access (key, combination)

Did you leave a power of attorney?

Achieving Mission



**Readiness Through
Family Readiness**



Questions?